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the bear facts

Does your duct system suffer from "high blood pressure"?

Think of your indoor blower fan as the "heart" of your system – it is there to "pump" air through the heating and air conditioning system – delivering conditioned air throughout your house. Without a properly functioning indoor fan, your air conditioner and furnace cannot effectively or efficiently deliver their full capacity to your house.



Just like in a human body, the condition of the circulatory system greatly affects the heart's performance – If the circulatory system is constricted, your heart has to work that much harder to deliver blood throughout the body.

Think of the return air and supply ducts as the circulatory system of your heating and air conditioning system. Undersized or restricted duct systems put a lot of stress on your blower which, in

turn, causes the overall heating and cooling system to work much harder. It's like your comfort system has high blood pressure! That means your home won't be as comfortable as it could be, it will cost more to cool it and your system could fail sooner than normal.

What are the symptoms?

- Noisy or whistling grills and registers
- Higher than average energy bills
- Low air flow throughout the house
- Heating or cooling systems "not keeping up" during moderately warm or cool weather

Some of these symptoms can be caused by other things, but there is a possibility that your duct system is the problem. It should be one of the first things checked.

If you have any of these symptoms, give us a call. We can check it out and make recommendations for improvements that will help your equipment deliver its full comfort capacity.

the bear facts

Spring
Summer 2015

Happy. Content. Relaxed. Rested. Retired!

Finally. After working at Robért Refrigeration since he was twelve years old, Kenny Robért, Sr. has decided to take it easy. On April 30th, Mr. Kenny officially retired!



Kenny's father, John Robért, founded Robért Refrigeration in 1955. When Mr. Kenny was in junior high, he started working at Robért after school and during the summer. To say he had a knack for HVAC work is putting it mildly.



The young apprentice quickly became the master. After going to college in Lafayette, Kenny came home and began working full time. He was soon an expert in his field. He is a member of the Louisiana Heat Pump Association and he has taught HVAC classes across the region, including at Delgado.

His hands-on approach to work never wavered. He just finished work on the Smith Lupo building in Lakeview and the WWL TV building renovation. Everyone is more comfortable thanks to his expert work.



Mr. Kenny will be missed around the shop. But his wife, Sandy, is looking forward to seeing him a bit more. They plan on enjoying more time with their three grandchildren: Nicholas, Camille and Olivia. Plus, their property in Poplarville is going to get a lot more use. Being hands on is part of Mr. Kenny's DNA. He'll be working the land, chopping down trees and hunting. Retiring won't mean taking it easy, but working on a second act.

As Mr. Kenny believes: "Retire from work, but not from life." We agree.



get the Inside Story

Welcome to the Spring & Summer edition of The Bear Facts, a newsletter published by Robért Refrigeration.

Spring has sprung early this year. And summer is following quickly on its heels. But whatever the date may be, the arrival of warm weather is always welcome. Festivals, summer vacations and unrelenting heat! This issue is dedicated to making your summer even more enjoyable.

See how you can make your time outside more comfortable and how to summer proof your home to keep it as energy efficient as possible. And this summer could be the time to check out your duct work. If yours has "high blood pressure", don't take two aspirin – but do call us in the morning!

Finally, we have a big announcement to make. Kenny Robért, Sr. has retired. After years of being our go-to man for all things technical, Mr. Kenny has decided hang up his tool-belt and pick up his grandkids! We'll miss him, but his legacy of technical excellence has been passed on. Thank you, Mr. Kenny.

Keep in touch, enjoy the summer and remember, Robért Refrigeration is here when you need us.

Sincerely,
Kenny Robért, Jr.



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SUMMER PROOFING YOUR HOME

You may have heard of winterizing your home, but did you know you can also summer-proof your home? Summer in the south means cringing each time you reach your mailbox, bracing to receive the first of those high monthly energy bills. But there are ways to maximize the energy efficiency of your home.

Consider a home energy assessment

It can be cost-effective to have a home energy assessment performed. This will help you better understand how you may be

contributing to energy waste, and help you prioritize your energy efficiency improvement projects, so you can get the most bang for your buck.

Insulate your home

Most homeowners tend to think of adding insulation in their home to keep the heat in during the winter. On the contrary, it's just as important to insulate your home to keep your cool air in during the summer. Check for insulation leaks commonly found around your windows, walls and ceiling.

Purchase the right-sized central air system

If you are planning to buy a new air conditioner, make sure you purchase the most energy efficient model. Even though the largest model may look enticing, it's important to buy the right air conditioning unit that suits your home. Otherwise, you are wasting energy, and your home may not be as comfortable as it should.

Waterproof your deck or porch

Before it becomes unbearably hot, take the time to use a protective sealant on

your deck or porch so that it is ready for use, but also so that you can get more use of it for years to come.

Install low-E window film

If you can't afford to install new energy efficient windows, you can still reduce heat gain through older windows by applying low-E coated window film to your windows. It can help keep out solar radiation during the hot summer months. This is something you can do as a weekend project or pay to have the film professionally installed.



GARDENING for efficiency



With a little time and effort, the inside and outside of your home can work together to make money for you by cutting utility costs to operate your home's air conditioning and heating systems. Some ways you can use landscaping to help cut air conditioning costs are:

❖ **Shade A/C units:** By limiting the direct sunlight on your unit, you can increase its efficiency. But make sure that any plantings do not obstruct airflow around the unit!

❖ **Shade direct sun windows:** East and west facing windows receive the most direct sunlight during the day. Properly placed trees can decrease the impact all that sunlight can have on your energy costs.

❖ **Shade areas that soak up the heat:** Dark colored asphalt driveways and roads,

patios and roofs are attractors to sunlight and heat, which can be transferred indoors. Shading these as much as possible will reap great benefits on your utility bills.

Placing trees just right can make an ideal windbreak to funnel hot air away from your home and air conditioning unit, and they provide needed shade from the hot summer sun. Vines, especially those that grow on trellises, are a functional way to shade walls that are in the direct sun.

Properly placed plantings can reap multiple benefits for energy-conscious homeowners. By planning your landscaping needs, you can save money on your overall energy costs and allow your comfort system run at peak performance.

Stay Cool During Your Summer Workout

You like to exercise, but summer is coming and so is the heat. Sometimes the heat can be dangerous and it can seem too hot to work out.

But you don't have to take a break from fitness.

"It's important to continue exercising over the summer because the effects of exercise training are rapidly lost once training stops — use it or lose it," said Dr. Barry Franklin, "Most studies suggest many of the key benefits are lost in four to six weeks of inactivity."

Still, you can't ignore the heat because you could wind up with heat stress, heat stroke or other problems. So to keep the heat from melting your workouts, Franklin recommends you:

- Hydrate, hydrate, hydrate. Maintain salt-water balance by drinking plenty of fluids (preferably water) before, during and after physical activity. Avoid alcoholic and caffeinated beverages.
- Exercise smarter, not harder. Work out during the cooler parts of the day, preferably when the sun's radiation is minimal — early in the morning or early in the evening. Decrease exercise intensity and duration at high temperatures or relative humidity. And don't hesitate to take your exercise inside, to the gym, the

mall or any place else where you can get in regular physical activity.

■ Ease in to summer. Allow your body to adapt partially to heat through repeated gradual daily exposures. "An increase in the body's circulatory and cooling efficiency, called acclimatization, occurs in only four to 14 days," Franklin said.

■ Dress the part. Wear minimal amounts of clothing to facilitate cooling by evaporation. "Remember, it's not sweating that cools the body; rather, the



evaporation of sweat into the atmosphere," Franklin said. Wear lightweight, light-colored clothing in breathable fabrics such as cotton.

■ Team up. If you can, exercise with a friend or family member. It's safer, and could be more fun.



Prosciutto & Goat Cheese Strata

The perfect make-ahead meal for a summer brunch!

- 9 slices firm white bread, crusts removed
- 3 ounces bacon or prosciutto, thinly sliced, divided
- 4 ounces Boursin or goat cheese, crumbled, divided
- 2 ounces provolone, grated (about 3/4 cups), divided
- 3 large eggs

- 2 tablespoons chopped green onions or leeks, divided
- 3 tablespoons fresh basil, chopped, divided
- 1 cup whole milk
- 2 teaspoons Dijon mustard
- 1/2 teaspoon salt
- Pepper, to taste
- 3 tablespoons butter, melted

Line bottom of 8 x 8 x 2-inch heavy baking dish until completely covered with one layer of bread, cutting slices to fit if necessary. Arrange half of the prosciutto evenly over bread. Sprinkle half of the goat cheese and half of the basil. Cover with second layer of bread. Layer remaining prosciutto, goat cheese, provolone, green onions, and basil atop bread. Cut remaining bread into 1/4-inch cubes. Sprinkle over top.

Whisk eggs, milk, mustard, and salt in bowl. Season with pepper. Pour egg mixture over layered bread mixture, then press down on the bread with a spatula. Drizzle melted butter over bread and egg mixture. Cover and refrigerate overnight.

Preheat oven to 350° F. Uncover strata and let stand at room temperature, 30 minutes. Bake until center is set, about 1 hour. Remove from oven, and set aside. Preheat broiler, then place strata under broiler until top is golden, about 30 seconds. Cut into large squares and serve.



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